

YOGA

BOLTON LANDING CONSERVATION CLUB



Stephanie Berube, 200hr Certified Yoga Instructor ✕ Sasaphras Yoga
stephanie.berube27@gmail.com ✕ www.SasaphrasStudios.com

Mondays at 4:30 pm – 5:30 pm

Dates

Mondays:
April 29th-June 17th

Time

4:30 pm - 5:30 pm

Location

Bolton Landing
Conservation Club
Edgecomb Pond Road

Cost

8-week series: \$70.00
Or \$10.00 drop-in

***A minimum of 8
students needed***

What can I expect

All classes begin with a period of centering and ends with a period of deep relaxation. We will move from one pose to the next with attention to breath. Expect to stretch, tone, strengthen and increase flexibility.

What do I need

Please bring a yoga mat. Feel free to bring a yoga block and a strap too.

Mindful Flow: All Levels Hatha Yoga

This session is suitable for beginners or more seasoned practitioners. Students can expect to learn proper alignment and breathing techniques to open the body and mind for increased health and wellness.

How do I register

Call 518-796-2587, or go online www.SasaphrasStudios.com, or email Stephanie to sign-up for the 7-week session. Hope to see you soon!